OTTAWA metro®

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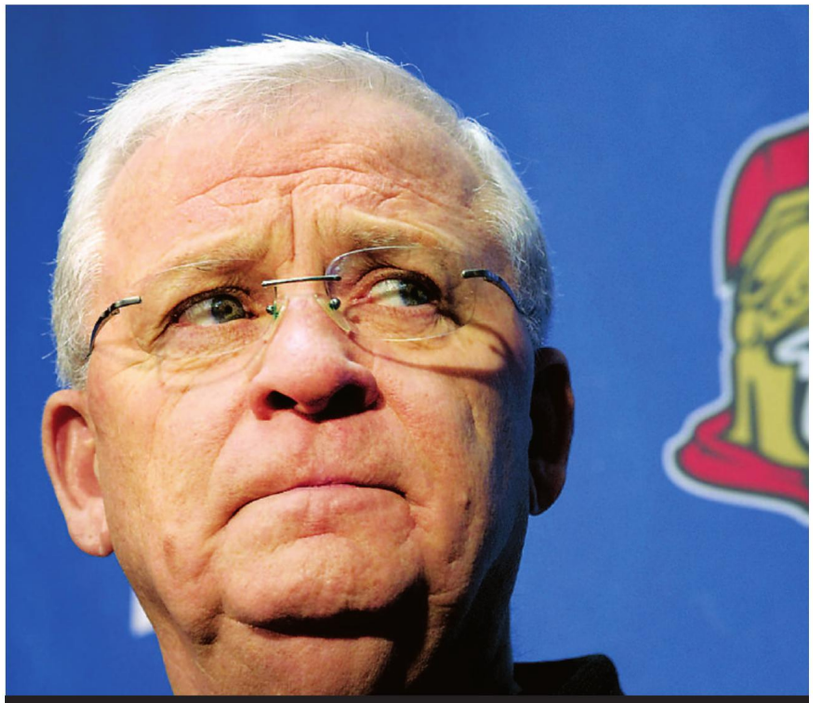

MURRAY DIAGNOSED WITH CANCER

Ottawa Senators' GM Bryan Murray has been diagnosed with cancer, the team announced Monday. Murray will be "undergoing further testing and will begin treatment immediately for this condition," according to the team. Story, page 3. SEAN KILPATRICK/THE CANADIAN PRESS

Calypso Water Park hit with second lawsuit

Alleged assaults. Family claims park over-served patrons who then attacked them

JOE LOFARO
joe.lofaro@metronews.ca

Calypso Water Park is facing a lawsuit for its role in a violent encounter last July that allegedly left a teenage brother and sister with concussions, major lacerations and permanent disabilities.

In a statement of claim filed on June 12, plaintiffs Ihab, Samer, Anisah, Ali and Mohamed Dia and Faten Zeineddine allege that the defendants, Jacques Bui, Jamie Crowder, Khamea Louangrath, Taolo Messina and Shaun Wheeler, were members of a gang familiar to park security and should have been ejected, but instead were over-served alcohol by park staff before going on a violent rampage, attacking the two plaintiffs until they were unconscious.

On July 3, 2013, a verbal assault started around 6 p.m. near the Vortex waterslide and the Lazy River in plain view of Calypso staff, according to the statement of claim.

The plaintiffs include the two siblings, their two parents and two other siblings, aged eight and six, who witnessed the incident.

In the statement of claim, each of the six plaintiffs is seeking $500,000 plus in damages for pain, suffering, disfigurements and loss of enjoyment of life from each defendant.

"At no point during the protracted beating did Calypso attempt to intervene. Security was not called," the lawsuit states. "Furthermore, the police and ambulance assistance was only called forty (40) minutes after the verbal assault and physical attack took place."

None of the allegations in the statement of claim have been proven in court.

Calypso's lawyer, Lawrence Greenspon, described the events that unfolded as "unfortunate," but said he intends to file a statement of defence in the coming weeks.

"We will be defending the action vigorously," said Greenspon.

A similar lawsuit that was filed last year also alleged Calypso over-served patrons with alcohol prior to a separate, violent altercation in the parking lot. Greenspon said he did not represent the park in that case.

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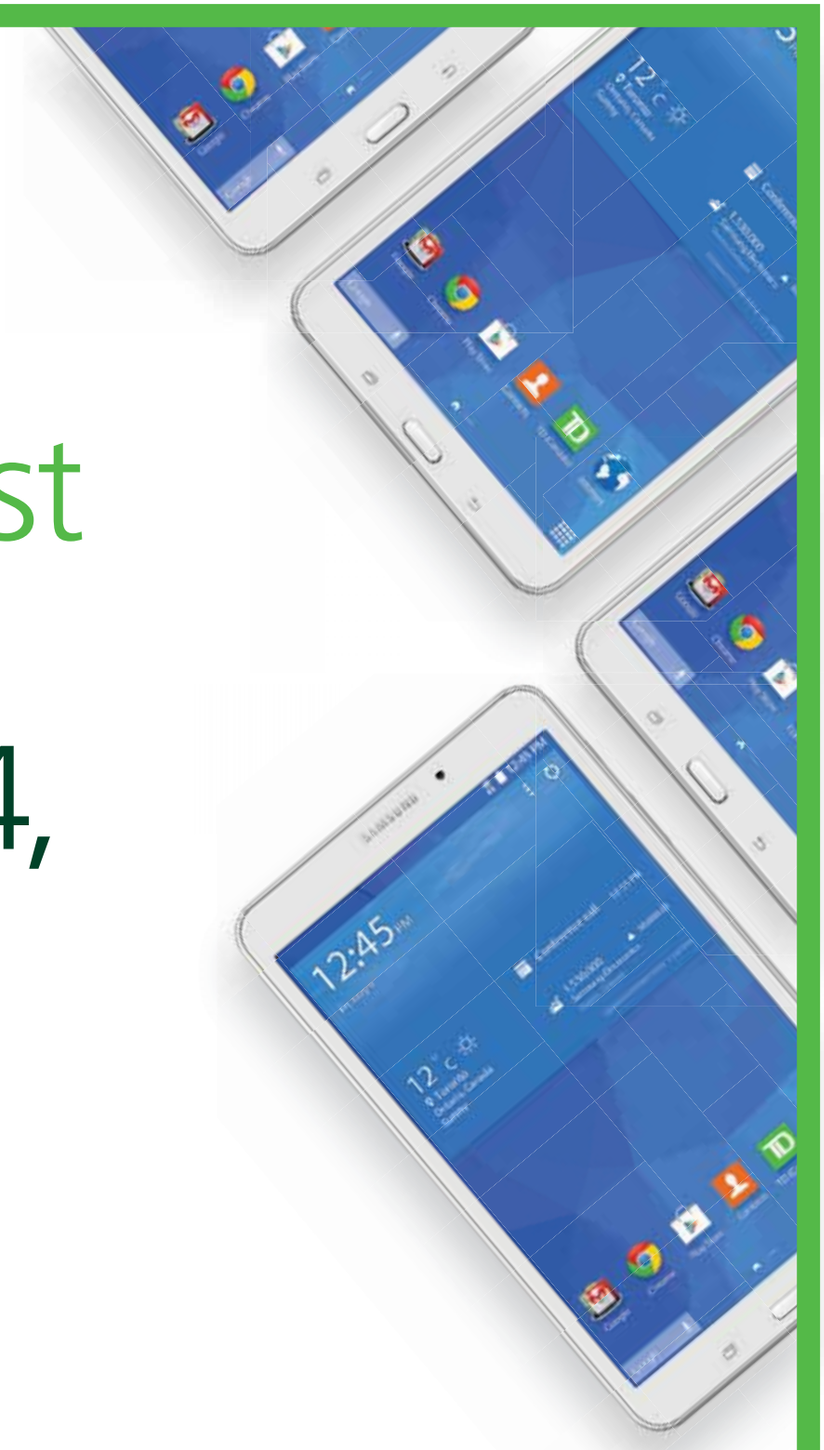

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Charges laid

Cops seize guns, cash and drugs in June raids

Two Ottawa men are facing close to a dozen drug and weapons charges after simultaneous raids last month uncovered guns, ammo, crack cocaine, marijuana and cash.

Nehemiah Campbell, 24, and Justice Ndatuje, 23, were arrested June 17 after police uncovered a .38 caliber Smith & Wesson; Wesson revolver, five rounds of ammunition, 94 grams of crack cocaine valued at over $18,000 and close to 100 grams of pot during two different raids on Baseline Road and Cutts Private.

Police also seized a 2007 Infiniti Q35 car from Campbell during the arrest, as well as close to $3,000 cash that was found.

The pair are facing trafficking charges as well as several gun-related charges and possessing the proceeds of crime.

TREVOR GREENWAY/METRO

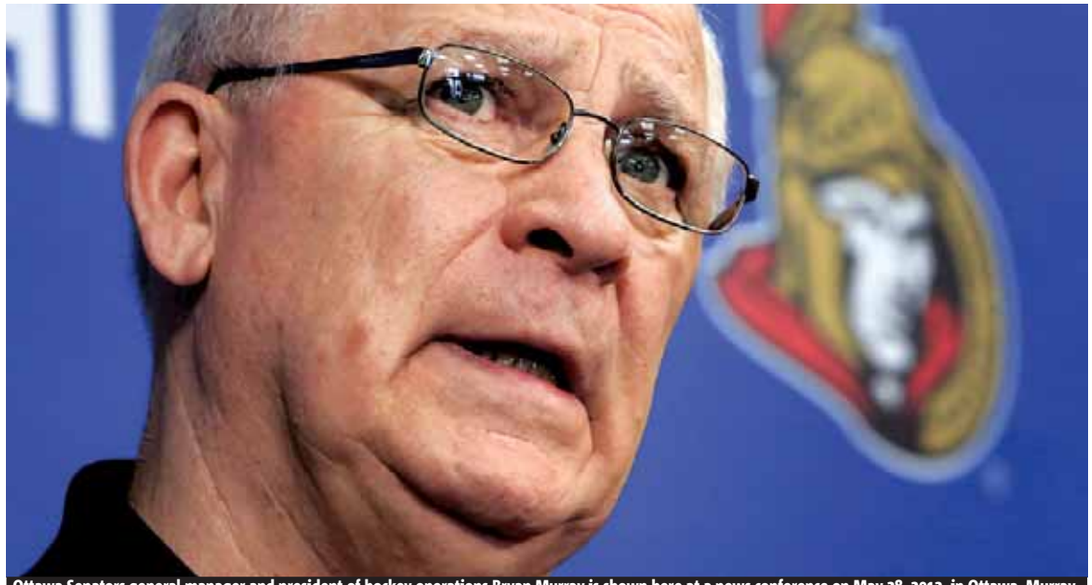
Summer fun

Learn salsa dance, tai chi over lunch

This summer, Ottawa city hall's Marion Dewar Plaza will be hosting free events and programming with activities featuring everything from salsa dancing to tai chi.

Lunch hour on Thursdays in July will offer regular sports, concerts and a cash barbecue. For more information on this week's upcoming events, go to ottawa.ca/en/newsroom.

AMY YEE/METRO



Ottawa Senators general manager and president of hockey operations Bryan Murray is shown here at a news conference on May 28, 2013, in Ottawa. Murray has been diagnosed with cancer. The team confirmed the diagnosis Monday in a statement on its website. FRED CHARTRAND/THE CANADIAN PRESS

Sens GM Bryan Murray diagnosed with cancer

Battle begins. Murray starting treatment 'immediately'

Ottawa Senators' general manager and president of hockey operations Bryan Murray has been diagnosed with cancer.

The team confirmed the diagnosis Monday in a statement on its website.

"Mr. Murray is undergoing further testing and will begin treatment immediately for this condition as prescribed by the team's doctors in collaboration with specialists," the statement read.

"Mr. Murray's treatment schedule may require him to be away from the Senators' office periodically. During his periodic absence, assistant general managers Pierre Dorion and Randy Lee will be responsible for managing the Ottawa Senators' hockey operations department.

"On behalf of the entire Senators family, the team is asking that the thoughts, prayers and support of the entire hockey community are with Bryan and his family."

The team said it would not comment further on Murray's illness.

Murray, 71, of Shawville, Que., has been with the Senators since the 2003-'04 season. He spent two full seasons as head coach, then replaced the fired John Muckler as GM after the two guided Ottawa to the Stanley Cup final in 2007.

Murray, who made a brief return to the bench in 2007-08. He previously served as a head coach in Washington, Detroit, Florida and Anaheim, winning the Jack Adams award as coach of the year in 1984 with the Capitals. Murray also was general manager of the Florida team that advanced to the Cup final in 1996.

Murray has 20 seasons of front-office experience. He began his NHL coaching career with Washington in November 1981 and spent over eight seasons with the Capitals. In 18 seasons as a coach, he has recorded 620 wins over 1,239 games.

Murray spent four years as athletic director and coach at McGill University. He also coached five years in the Central Junior Hockey League with Pembroke and Rockland before becoming head coach of the Western Hockey League's Regina Pats.

He guided the Pats to a WHL title in 1980, then took over as coach of the American Hockey League's Hershey Bears the following season. THE CANADIAN PRESS

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Bill C-36. Ottawa lawyers say proposed law would cause sex workers harm

An Ottawa criminal defence lawyer told a Commons justice committee Monday that the federal government's new prostitution bill is "arbitrary" and will actually harm sex workers.

Leo Russomanno, speaking on behalf of the Criminal Lawyers Association, told the committee he expects the proposed laws will come at a cost to the courts and will likely be subject to a challenge under the Charter of Rights.

That's because communicating in a public space for the purchase of sex would still be illegal under Bill C-36, which is intended to target johns and help sex workers leave the sex trade.

"The evidence is clear that when sex workers are not permitted to communicate, those that are most vulnerable — those that are in the street — when they're not permitted to communicate, (they lose) a primary mechanism they use to protect themselves," said Russomanno. "That is going to contribute to the danger and will lead to a finding of arbitrariness in my view."

Earlier Monday, Justice Minister Peter MacKay told the committee the bill is "sound," though he expects it to be challenged in the Supreme Court.

MacKay refused to say what parts of the bill are most vulnerable to a Charter challenge, as he opened the first day of committee meetings.

"The law shouldn't be drafted with the idea there would be anticipation of a constitutional challenge," argued criminal defence lawyer Anne London-Weinsten after committee. "You try to draft them so that they're in compliance with the Charter."

Other committee witnesses, like Janine Benedet, an associate Professor at the University of British Columbia, and Alice Lee of Vancouver's Asian Women Coalition Ending Prostitution, voiced their support of C-36 as a way for sex workers — some of whom are forced into the industry — to leave the profession.

"We believe these laws will increase the tools that the police are able to use to investigate human trafficking as well as to allow women to exit when they can," said Lee. JOE LOFARO/METRO

Criminal defence lawyers Leo Russomanno and Anne London-Weinstein both opposed the Conservative government's prostitution bill at a Commons justice committee meeting Monday. JOE LOFARO/METRO

Prostitution bill will probably be challenged in court, MacKay says

Hearings. Justice minister calls bill 'defensible,' says it balances the need to protect communities and sex workers

Justice Minister Peter MacKay says the government's new prostitution bill is constitutionally sound, but he fully expects it will be challenged again at the Supreme Court of Canada.

MacKay was the first witness today as a marathon round of hearings, by the House of Commons justice committee on the Harper government's new prostitution bill, got underway.

The Supreme Court struck down Canada's old prostitution law last December and gave the government a year to replace it with one that would comply with the Charter of Rights and Freedoms.

MacKay says the bill is sound law and is highly "defensible."

He says it balances the need to protect communities, including children, from prostitution, while protecting the prostitutes themselves, whom he says the government considers victims.

MacKay has said the government's message this week is to pass the bill because there's a sense of urgency.

MacKay has said he is open to amending the bill, but he's dropping strong hints that will have limits.

"As sure as night follows day, there will be challenges when new bills are presented," MacKay told the committee.

Justice Minister Peter MacKay arrives at a Commons Justice committee meeting Monday in Ottawa. MacKay was the first witness up at the committee. ADRIAN WYLD/THE CANADIAN PRESS

Quoted

"As sure as night follows day, there will be challenges when new bills are presented."

Justice Minister Peter MacKay

"So we believe that the likelihood that it will be challenged is very real."

He says the bill is constitutionally sound and is an adequate response to the Supreme Court.

Prostitution itself was actually legal in Canada under the old law, but most related activities — including communicating in a public place for the purposes of prostitution, pimping and running a brothel — were criminal offences.

The Supreme Court said that amounted to a violation of the basic Charter right to security of the person and was concerned that the provisions unduly increased the risk to sex workers.

The Conservatives' new bill creates new offences for clients and pimps, but does not criminalize prostitutes themselves.

It also cracks down on advertising and selling sexual services in public places where a child could reasonably be expected to be present.

Parliamentary committees rarely convene during the summer recess.

This week, the committee expects to hear from more than 60 witnesses, over 20 hours of hearings that will run into Thursday.

THE CANADIAN PRESS

Don't let a dream gig turn into a nightmare, job sites warn

It's a job posting promising too-generous pay for too few hours of work — and it's yours without an interview.

Don't apply.

That's the message from the heads of job search websites contacted by Metro days after a questionable posting popped up in the Ottawa area.

While some search engines have security measures in place to filter out the job spam, the odd fake posting can leak through.

President and CEO of jobs.ca, Manuel Francisci, said his site gets about one fake job posting a week, but it rarely goes live. He said jobs.ca always double-checks to see where the website was registered and whether the email is from a corporate account.

Peter Harris, editor-in-chief of Workopolis, said free job sites can sometimes lack the proper checks and balances — that is, credit card information — needed to weed out spammers.

"If we suspect a job posting to be illegitimate, we will place a hold on it while we reach out to the employer contact to be sure," Harris said in an email. "We'll ask for proof of legitimacy, such as an HST or GST number."

Unfortunately, those who are unemployed and without a steady cash flow might be "easier targets" for scams, said Francisci.

"It's sad to say but, you know what, there's a lot of people desperate to get a job, so they're willing to believe whatever is offered to them." LUCY SCHOLEY/METRO

Tips for spotting a scam

- If the posting seeks bank account information or a social insurance number before you have met anyone in person, back away.
- Be wary of employers who use Gmail, Yahoo or Hotmail accounts and not company accounts.
- No interview and you get the job? That's questionable.
- Spelling and grammar mistakes don't spell legitimacy.

Ottawa South MP David McGuinty honours eight-year-old Dante Fotia with a volunteer award on Monday. LUCY SCHOLEY/METRO

War Amps honours its young volunteers

Awards. Nine amputee youth recognized at charity's national headquarters

LUCY SCHOLEY
lucy.scholey@metronews.ca

With his favourite video game character drawn on his prosthetic leg, eight-year-old Dante Fotia collected his War Amps Child Amputee volunteer award on Monday.

"I talk about the War Amps in my class," said the shy student at St. Andrew School, who was one of nine amputee youth recognized at the charity's national headquarters.

Dante was born without a fibula in his left leg, which required a below-the-knee amputation. Before he was born, the War Amps paired his parents with another family that had gone through something similar. The Fotias have since been involved with the organization, attending information sessions, hanging out with other amputee youth and consulting on finer details like how to secure a prosthetic leg to a bike pedal. Dante has been like a War Amps advocate at school, educating his classmates about staying safe in the neighbourhood.

His leg, bedazzled with a design of Tree Rex, does not stop him from crawling, taekwondo, soccer or swimming.

Yousef Kadoura, who was also born without a fibula, was also honoured as a War Amps volunteer for his work supporting younger amputees and as a junior counsellor. Now 18 years old, he's planning a move to Montreal, where he will study acting at the National Theatre School of Canada.

"War Amps, they've helped me become more confident in who I am," he said. "They've helped me make some awesome friends. They've helped me not feel as though my prosthetic is a limitation on who I am."`

Nature Canada to tag purple martin birds

Fifteen years ago, nature enthusiast Peter Huszcz came across a couple nesting pairs of purple martin birds living in cramped quarters of a birdhouse and he decided to build them better digs.

Now, he maintains two multiple-storey houses located at the Nepean Sailing Club (NSC) for over 100 nesting pairs of the purple martin birds. The birds, while a wild species, rely fully on the help of people like Huszcz to build them their nesting quarters.

"This bird nests in man-made nests only — it doesn't nest anymore in the wild," said Huszcz.

The reason for their type of lifestyle, according to Huszcz, is most likely because their natural habitats were always prone to deforestation.

The birds stay in North America for the summer, migrating to Brazil during the wintertime. But mystery still surrounds the birds. Their breeding habits, for instance, are puzzling. Little is also known about where the birds stop along their travels to Brazil and why their numbers are quickly declining.

To solve the mysteries surrounding the birds and assist in their conservation, Nature Canada has initiated a project to place geolocators on the birds on Tuesday at the NSC, starting at 6 a.m. and lasting for most of the day.

AMY YEE/FOR METRO

Peter Huszcz at the Nepean Sailing Club Saturday at a banding session for Purple Martin birds. FACEBOOK

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More than 60 escape Boko Haram's grip

Nigeria. Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no male individuals were abducted with them.

Boko Haram extremists have been waging an insurgency for five years in northern Nigeria, demanding the establishment of an Islamic state.

More than 2,000 people have died so far this year in the Islamic uprising, compared to an estimated 3,600 total deaths in the previous four years.

The group drew international condemnation for the April 15 abductions of more than 300 schoolgirls from a school in Chibok in the northern state of Borno. Some 219 of those girls are still missing.

The government and military failure to rescue them has attracted sharp criticism worldwide.

Boko Haram is demanding the release of detained fighters in exchange for the Chibok girls but Nigerian President Goodluck Jonathan reportedly has refused to consider a prisoner swap. THE ASSOCIATED PRESS

In case of bulls running amok, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend. Scan the photo with your Metro News App to see more photos from the run. ANDRES KUDACKI/THE ASSOCIATED PRESS

Vietnam

Military chopper crash kills 16

A Vietnamese military helicopter on a parachute training mission crashed close to the Vietnamese capital on Monday, killing 16 people on board and critically injuring five others, officials and state-controlled media said.

The Russian-made MI-171 helicopter came down about 15 minutes after takeoff in a small village about 40 kilometres west of Hanoi.

Lt.-Gen. Vo Van Tuan, Vietnam military deputy chief of staff, was quoted as saying technical problems were suspected. He said the pilot steered the chopper away from a residential area, preventing other deaths. THE ASSOCIATED PRESS

Chemical weapons

Syria's stockpile needs double-checking: UN

The head of the international effort to rid Syria of its chemical weapons says the next step in the process is investigating possible discrepancies in Syria's declaration of its stockpile.

Sigrid Kaag briefed the UN Security Council Monday, just days after the last of hundreds of tons of Syrian chemical weapons were loaded onto a U.S. cargo ship for destruction.

Diplomats said Kaag told them that technical experts were talking to Syria about discrepancies between the weapons the country declared and what evidence on the ground has shown. THE ASSOCIATED PRESS

Israel. Suspects in deadly abduction confess: Official

Three Israeli suspects in the killing of a Palestinian teenager who was abducted and burned to death last week confessed to the crime on Monday and were re-enacting the incident for authorities, an official said, as the country's leaders raced to contain a public uproar over the slaying.

The authorities reported the confessions as violence continued on Israel's volatile front with the Gaza Strip. Palestinian militants bombarded Israel with some 40 rockets and mortars, drawing Israeli airstrikes in retaliation, and at least eight Palestinian militants were killed.

The region has been on edge for weeks since three Israeli teenagers were kidnapped and killed in the West Bank. Last week, hours after the Israeli teens were buried, 16-year-old Mohammed Abu Khdeir was abducted from outside his home in east Jerusalem, and his charred remains were found shortly afterward in a Jerusalem forest. THE ASSOCIATED PRESS

Militants at a funeral of two Fatah militants killed by an Israeli airstrike in Bureij refugee camp, central Gaza Strip, Monday. KHALIL HAMRA/THE ASSOCIATED PRESS

Boeing. Plane bodies slip into river as train derails

Boeing is deciding what to do with six newly manufactured commercial airplane bodies that fell off a train in a derailment in western Montana, including three that slid down a steep riverbank, a company spokeswoman said Monday.

The derailment sent three 737 fuselages down an embankment of the Clark Fork River and knocked three others from the train.

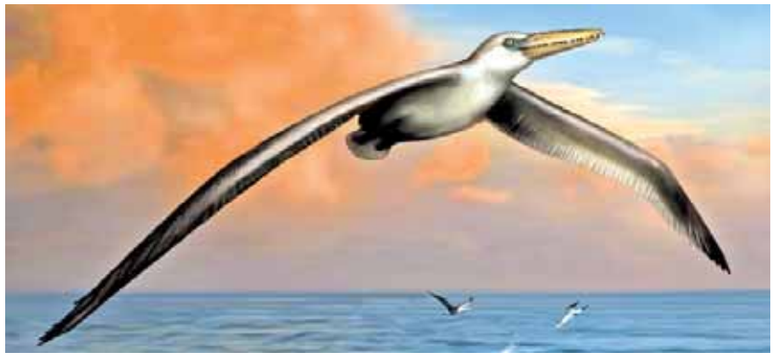
The fuselages were being shipped from the Spirit AeroSystems plant in Wichita, Kan., to a Boeing facility in Renton, Wash., to be assembled into airliners.

The huge blue-green fuselages are a common sight on railways along the 3,500-kilometre trek from Kansas to Washington state. Ken Evans, senior manager for Spirit AeroSystems, said the company ships 42 of the 737 fuselages each month.

"In my memory, we've not had a serious derailment like this before," he said Monday.

Spirit AeroSystems has been designing, building and shipping the fuselages by rail from Wichita since 1968, he said. THE ASSOCIATED PRESS

Fuselages at a riverbank in Montana, Saturday. WILEY E. WATERS WHITEWATER RAFTING, BROCK SARBECK/THE ASSOCIATED PRESS



Paper released on world's largest flying bird

This undated image provided by the Bruce Museum in Greenwich, Conn., shows a reconstruction image of the world's largest-ever flying bird, Pelagornis sandersi. Its skeleton was discovered in 1983 in South Carolina, but its first formal description was released Monday by the Proceedings of the National Academy of Sciences. The gigantic bird had an estimated wingspan of around 21 feet, about the height of a giraffe. LIZ BRADFORD/BRUCE MUSEUM/THE ASSOCIATED PRESS

Fahmy family not reading into el-Sissi's words

Pardon or propaganda?
Egypt's president told media outlets the case had negative impact on country's reputation

Quoted

"The verdict issued against a number of journalists had very negative consequences ... I wished they were deported immediately after their arrest instead of being put on trial."

Egyptian President Abdel-Fattah el-Sissi on the recent prison sentences handed down to Canadian journalist Mohamed Fahmy and two of his Al-Jazeera English colleagues

The family of an Egyptian-Canadian journalist imprisoned in Cairo voiced cautious optimism Monday at an apparent expression of regret from Egypt's president over Mohamed Fahmy's case.

Fahmy was recently found guilty on terrorism-related charges along with two Al-Jazeera English colleagues in a trial denounced as a sham by a number of international observers.

The 40-year-old was sentenced to seven years in prison along with Australian Peter Greste, while another co-worker, Egyptian Baher Mohamed, was sentenced to 10 years behind bars.

Egypt's president, Abdel-Fattah el-Sissi, had initially taken a tough stance on the controversial case, saying he would not interfere in court rulings or the judicial process.

But in a surprising new twist, el-Sissi told editors of certain Egyptian media outlets on Sunday that the heavy sentences in the case have had a "very negative" impact on his country's reputation.

Fahmy's family said they didn't want to read too much into el-Sissi's comments but admitted the president's words had sparked a glimmer of hope. THE CANADIAN PRESS

Germany

Foreign drivers targeted with new car toll

Germany plans to introduce a car toll that seeks to make money from the millions of foreigners who drive through the country every year, the transport minister said Monday. Minister Alexander Dobrindt plans to introduce toll stickers in 2016 for all cars using any roads in Germany, not just highways. THE ASSOCIATED PRESS

77 years. China holds ceremony to mark start of war with Japan

President Xi Jinping criticized people who "beautify the history of aggression" as China on Monday marked the 77th anniversary of the start of a war with Japan amid rising tensions between Beijing and Tokyo.

This year's unusually high-profile commemoration of the 1937 Marco Polo Bridge Incident, including a nationally televised speech by Xi, comes amid an anti-Japanese propaganda campaign by Beijing. The two governments are involved in a dispute over ownership of uninhabited islands in the East China Sea. THE ASSOCIATED PRESS

China's president, Xi Jinping

Earthquake along Pacific Coast rattles southern Mexico and Central America

Magnitude 6.9. Officials have confirmed three earthquake-related deaths in Guatemala and Mexico

A magnitude-6.9 earthquake along the Pacific Coast jolted a wide area of southern Mexico and Central America Monday, with at least three fatalities and damage to homes, hospitals and churches.

The U.S. Geological Survey said the quake hit at 6:23 a.m. on the Pacific Coast, two kilometres north-northeast of Puerto Madero, near the Guatemala border. It initially calculated the magnitude at 7.1, but later lowered the figure to 6.9.

Guatemalan President Otto Pérez Molina said in a news conference that the only officially confirmed death in his country so far was of a newborn hit by a piece of false ceiling in a San Marcos hospital.

Meanwhile in Mexico, civil protection officials raised the toll to two dead in the state of Chiapas, and said at least a dozen others were injured by falling tiles and debris.

Guatemala's national spokesman for local fire departments, Raul Hernandez, reported at least two other instances that had yet to be confirmed, of people dying in their homes from collapsed walls in the Guatemalan town of Pati, in the border province of San Marcos.

A third person, a woman in Quetzaltenango, died from a heart attack, but it wasn't immediately clear if the heart attack was earthquake- related.

Quake

- The quake was centred 60 kilometres beneath the surface of the earth.
- In the Mexican state of Chiapas, panicked people poured into the streets and the Red Cross said it was treating some frightened adults and children.

Pérez said the quake was felt in 12 of Guatemala's 22 states. There were reports of power outages and rock slides on some roadways in Guatemala.

Photos posted on social media sites and published by the Guatemalan newspaper Prensa Libre showed buildings with huge cracks across their facades in San Marcos, and one which apparently suffered a partial collapse.

"I thought the house was going to collapse," said Claudia Gonzales, 32, who ran to the street in the town of Comitan with her one-year-old daughter.

The quake was felt across a broad swath of southern Mexico and as far away as Mexico City, but officials had no immediate reports of damage.

In the city of Tapachula, near the epicentre, city employee Omar Santos said "buildings were moving, windows broke in some houses and businesses, and people ran through the streets in the dark."

THE ASSOCIATED PRESS

Houses collapse in Philadelphia, several families displaced

Two collapsed row houses are sectioned off for safety Monday in Philadelphia. Both homes were reported to be occupied when they collapsed in on each other, and while several families have been displaced, authorities said no one was injured. Several neighbouring homes were also damaged. An investigation into the cause of the collapse is underway. MATT ROURKE/THE ASSOCIATED PRESS

Azamat Tazhayakov. Trial starts for friend of suspect in Boston bombings

Boston Marathon bombing suspect Dzhokhar Tsarnaev sent a text to a friend 90 minutes after the deadly explosions and said, "Don't go thinking it's me," a federal prosecutor told jurors Monday during opening statements at the friend's obstruction trial.

Assistant U.S. Attorney Stephanie Siegmann also revealed that a month before the bombings, Tsarnaev told the friend, Azamat Tazhayakov, and another pal that "it was good to die" a martyr.

Tazhayakov has pleaded not guilty to obstruction of justice and conspiracy charges. He and his roommate, Dias Kadyrbayev, went to Tsarnaev's University of Massachusetts-Dartmouth dorm room several days after the bombing and removed a backpack, fireworks that had been emptied of their black powder and a laptop computer, prosecutors say.

This May 13, 2014 court room sketch depicts Azamat Tazhayakov. JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

Tazhayakov's defence lawyer told jurors that his client isn't a terrorist and never intended to help Tsarnaev.

Tsarnaev is accused of working with his now-dead brother to place two bombs near the finish line of the 2013 marathon, killing three people and injured more than 260. His trial is scheduled for November.

THE ASSOCIATED PRESS

Honduras

Authorities make last-ditch effort to rescue eight miners

Authorities are making a last-ditch effort to rescue eight men trapped in a small gold mine in Honduras.

Geologist Anibal Godoy is heading the rescue and recovery operation at the old, unregulated San Juan Arriba mine, located in a municipality known as El Corpus, about 100 kilometres south of the capital Tegucigalpa.

Godoy said Sunday that rescue workers are unlikely to find the men alive.

Eleven workers who were in the mine were able to flee after Wednesday's collapse, and three others were rescued Friday. About 5,000 people work in artisanal mining in the area.

THE ASSOCIATED PRESS

Vatican

Pontiff meets sex-abuse victims in private mass

Pope Francis begged forgiveness Monday in his first meeting with Catholics sexually abused by members of the clergy and went further than any of his predecessors by vowing to hold bishops accountable for their handling of pedophile priests.

Abuse victims and advocates have long demanded that higher-ups be made to answer for the decades-long coverups of rape and molestation of youngsters in a scandal that has rocked the church.

The pope celebrated a private mass with six victims at his Vatican residence, and spent the rest of the morning listening to their accounts.

THE ASSOCIATED PRESS

Libya. Two kidnapped construction workers released, one still missing

Two of three European construction workers kidnapped in Libya over the weekend have been released, authorities said Monday.

The three — a Bosnian, a Macedonian and an Italian — had been working for an Italian construction company when they were kidnapped Saturday in the western town of Zuwara, near the Tunisian border.

Officials from Macedonia and Bosnia said Libyan authorities found the Macedonian man, identified as 29-year-old Miljazim Gafuri, on Monday along with Bosnian engineer Petar Matic.

A Libyan security official said the search for the Italian engineer was still underway, and a suspect is being interrogated. THE ASSOCIATED PRESS

The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.

James Moore
THE CANADIAN PRESS

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell.

However, so far, none of the smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three. THE CANADIAN PRESS

Market Minute

DOLLAR
93.66¢
(-0.18¢)

TSX
15,172.93 (-42.03)

OIL
$103.53 US (-$0.53)

GOLD
$1,317 US (-$3.60)

Natural gas: $4.23 US (-$0.11)
Dow Jones: 17,024.21 (-44.05)

Washington shops 'stoked' to start selling legal weed

Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. TED S. WARREN/THE ASSOCIATED PRESS

Rolling in the green?
Washington state issues its first recreational marijuana shop licences to 24 stores

Washington state issued its first retail marijuana licences Monday, with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and 10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

THE ASSOCIATED PRESS

Sparks excitement

"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."

Alison Holcomb, the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana

Space tourists taking off?

Virgin Galactic appears to be getting closer to reaching its long-delayed goal of launching tourists into space.

The company said Monday it has selected Hotel Encanto de Las Cruces as the preferred hotel for its elite roster of passengers, who will pay $200,000 US a person to make the flights from Spaceport America.

Virgin Galactic also announced a contract with World Class Gourmet of Las Cruces to provide catering for travellers during their training at Spaceport. The company said it is relocating more of its staff to New Mexico and will be hiring locally in the next few months.

Rewriting history?

2010

Originally, Branson had said he hoped to launch the flights by the end of 2010. The company is now hoping to begin operations by the end of this year, although its public relations agency said in a statement that the schedule "will ultimately be dictated by safety and readiness — as has always been the case."

Virgin Galactic is the anchor tenant in the futuristic $209-million Spaceport America, that the state built as a place for company founder Richard Branson to launch his flights. But the project and Virgin have been plagued by delays.

The partnership with the hotel, however, addresses concerns about where celebrities — and others who can afford the pricey flights — will stay while they go through pre-space flight training.

Early on in Spaceport's development, there was talk of building an ultra-luxury hotel in the area. And about four years ago, when Branson announced he was creating a Virgin hotel brand, he told a hotel conference one of the first ones might be built near Spaceport. But that project never came to fruition.

THE ASSOCIATED PRESS

Try to top the Priestley

One lucky Canadian will have the chance to add their dream doughnut to the Tim Hortons menu and walk away with $10,000 as winner of Duelling Donuts contest, launched Monday by the iconic bake shop.

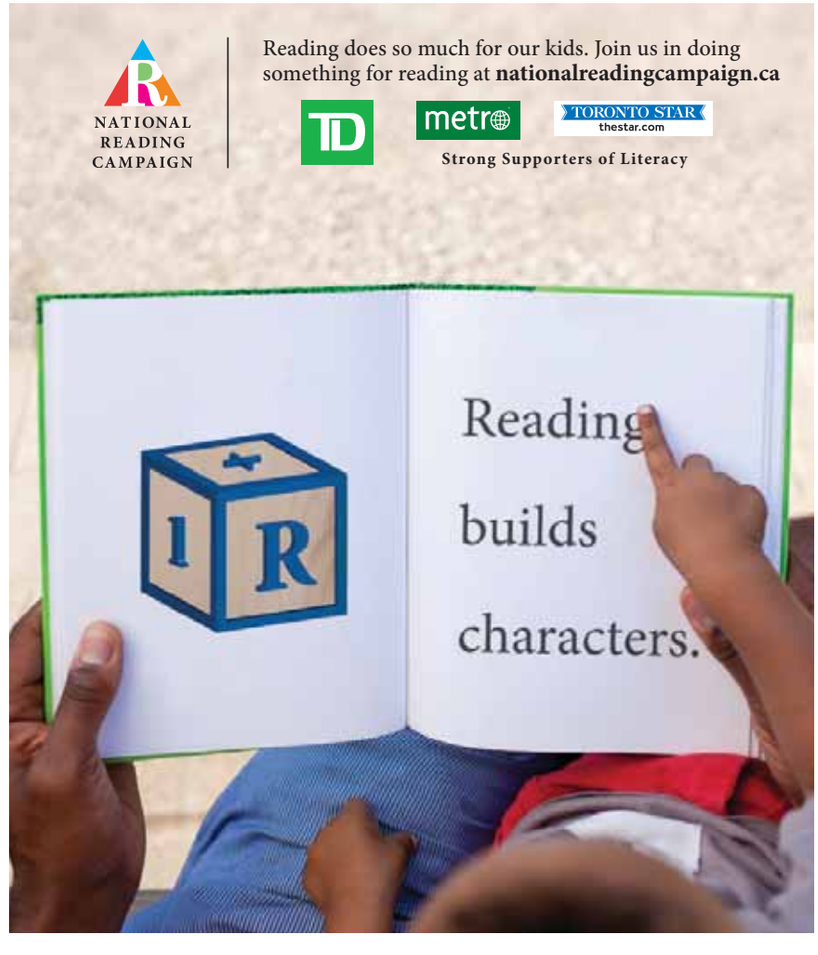
Home chefs have until Aug. 1 to whip up a uniquely delicious doughnut. Contestants will first have to create a virtual doughnut on the contest site and argue their case in a written submission.

Eight finalists will defend their culinary creation to a celebrity panel, including actor Jason Priestley, musician Jann Arden and pastry chef Anna Olson. After the panel chooses four submissions to advance, the final word on who will walk away with the prize money will be left to an online vote. The winner will be announced Aug. 28.

Tim Hortons launched the contest last year, attracting 63,000 submissions. The idea came from a Jason Priestley cameo on How I Met Your Mother, where Priestley created a doughnut named after himself. A Tim Hortons chef made the Priestley Doughnut a reality and public interest inspired the idea for a contest where anyone could design their own doughnut.

Last year's winning submission was the Tortoise Torte — a chocolate, caramel and pecan creation — by 39-year-old Andrew Shepherd.

THE CANADIAN PRESS



HOME IS WHERE THE HARD IS

SHE SAYS

Jessica Napier
metronews.ca

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record $63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.

Like the rest of Canadians under the influence of this so-called HGTV effect, I, too, am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't such a terribly long and expensive headache.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget any more, as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

Tough reno

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.

HEAVY RAINS IN MUMBAI

A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

1. Live the high life. Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

2. Don't cook. The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

3. Stay home. If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

4. Put plastic on everything. Even the best-built slum homes can leak, so people tend to try to waterproof everything.

5. Keep the power off. To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. BLOGS.WSJ.COM

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In this issue, you can find AR enhancements on page 6 in News, page 11 in Scene and page 17 in Sports

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1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

metro AR

MetroTube

The leak that wasn't

ANDREW FIFIELD
andrew.fifield@metronews.ca

All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.

Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)

SCREENGRAB

metro

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DVD review

Bad Words

Director. Jason Bateman

Stars. Jason Bateman, Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This stinging comedy about a hateful adult crashing a kids' spelling bee is the feature directing debut of actor Jason Bateman, who also stars. Bateman's Guy Trilby is the most sexist, racist, homophobic, profane and unscrupulous spelling bee participant you could possibly imagine. Trilby is also 40 years old, which makes him a serious anomaly amongst the grade school kids he's competing against. By exploiting a loophole, he's out to win the National Quilt Spelling Bee, much to the consternation of the administrator (Allison Janney) and an elder statesman (Philip Baker Hall). Almost unrelenting in its takedown both of an American institution and the country's obsession with victories big and small, Bad Words is more misanthropic fantasy than satiric fiction.

PETER HOWELL

Ethan Hawke reflects on percolating project

Boyhood. Actor spent a dozen years working with director Richard Linklater to create latest film

NED EHRBAR
Metro World News in Hollywood

Boyhood opens in select theatres this summer. CONTRIBUTED

Ethan Hawke has been waiting a long, long time to talk about his new film, Boyhood. Directed by regular collaborator Richard Linklater, the film was made a month at a time over the course of 12 years to chronicle the development of a boy (Ellar Coltrane) from ages five to 18 and his parents (Hawke and Patricia Arquette).

When was it OK to start talking openly about this project?

You know, it's strange because the way the Internet has exploded through the course of making the movie, that became a kind of dialogue. Last year when Rick and I were doing the release of Before Midnight, people really started asking us a lot about it for the first time. And for a long time, even if it would be on IMDb or something, it didn't really make people's radar. It was hard for people to even understand what we were up to, and we certainly didn't want to talk too much about it before it was real. The truth is we really tried not to talk about it, but sometimes it was impossible. I would get too excited and I have a blabbermouth anyway.

Keeping a level of filmmaking consistency over 12 years seems rather daunting.

It's an overused word, but Rick really had a vision. Most movies are sprints and just require an immediate kind of discipline, but this movie required real patience. Rarely in film do you have that kind of gestation process. Rick was kind of born a fully developed filmmaker. I mean, Dazed and Confused was his second film and it's an incredibly well-made film. He hasn't changed much, so I don't think it was hard for him to maintain a continuity of style and approach over 12 years. It's just who he is.

At this point, how much of your life has been spent being directed by Richard Linklater?

It's funny, you know, I've made eight films with Rick, so I've spent a large chunk of my life on film sets with him. And if you add up all the promotion and all the rehearsal, it starts to be a huge chunk of my life. And I just can't think of any better way to spend it. I don't know how to say these things so they don't come out the wrong way, but Linklater has a specific kind of ethos to his films that I'm really happy to be a part of.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the trailer for Boyhood, and just try not being moved.

metro AR → See the full instructions on Metro's Voices page.

SCENE

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Cruz cleans up as OITNB's feisty Flaca

'They liked me!' Actor thought she'd appear in only one episode of Netflix show, but is now shooting Season 3

RACHEL LEE
Metro in New York City

Jackie Cruz, otherwise known as Flaca from Netflix hit series Orange is the New Black, is a fan favourite for her spunky attitude and killer eyeliner. We sat down with her at the Uberliss Braid Bar in New York City's Paramount Hotel to talk about life both inside and outside of Litchfield, a fictional U.S. women's prison. Here is our edited interview:

Did you realize the show was going to become so big?
No! No, I really thought the episode in Season 1, where I fight Taystee for a King Kone ice cream ... was going to be my only episode.

They write (the show) as they go, so I guess they liked me. (We've been shooting Season 3) just this month, so we don't know a lot yet. I'm ready!

I told my friend, "I can't wait to go to work. I just have so much fun," and she was like, "I want to have fun at my job." She's a nurse.

Do the friendships on the show translate off-screen?
They're legit friendships, yeah. I hang out with Diane (Guerrero) a lot — we go shopping, we have lunch. Dash (Dascha Polanco) and I love to dance. I was (Danielle Brooks') date the other day for the Third Person premiere. I was like, "Who did you invite first?" and she told me, "No, you're my homie! You're the first person I called."

I go bowling with Taryn (Manning) and Emma (Myles). And Soso — Kimiko (Glenn). She's so much fun, I love her.

What beauty products would you smuggle into prison?
I can't live without my eyeliner or lipstick — Ruby Woo from MAC — and under-eye cream for puffies. On the show they use Kat Von D Tattoo eyeliner. I usually wear just the eyeliner, maybe if I need to cover up a pimple here or there.

Jackie Cruz, third from right, plays Flaca Gonzales on Orange is the New Black.
JESSICA MIGLIO FOR NETFLIX

Flaca wears her eyeliner like lipstick, which is kind of cool — she likes that gothic situation. I always sleep with a sleeping mask, so they use maxi pads with little rubber bands on them.

Are you and Flaca similar?
We definitely have some similar characteristics. She loves music and so do I — I'm a musician. She has a feistier attitude than me, and I love playing her, because I could never be that in real life.

Quoted

"I love playing (Flaca), because I could never be that in real life."
Jackie Cruz, actor

I have a friend who *is* Flaca ... I imitated her for two years before I even got the role ... so when they told me, "Flaca is a feisty Latina," I went in there pretending to be her, and I got the part.

(Flaca's on-screen kiss) was one of the best moments on set for me, because we got to see her vulnerable side. Being in prison, and your boyfriend not coming to visit, when maybe she's in there because of him, I would be devastated.

And Maritza — we're friends on and off the show, so it was nice to have that moment with her. It was my favourite scene, besides the mock fair.

You almost won!
You know, I tried to get a job by being flirty … it happens, sometimes.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Joan Rivers can dish it, but she can't take it

LISA WEIDENFELD
Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.

Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

One might be tempted to point out that it was a bit on the nose to say that famous people should be able to handle a little criticism before getting offended by "negative" interview questions and walking out, but we wouldn't want to be accused of being the wrong journalist to comment on a comedian.

Solange ALL PHOTOS GETTY IMAGES

Solange comes clean about Knowles family drama ... sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.

Miley mourns dog with tattoo

Since Miley Cyrus is still mourning the loss of one of her dogs, Floyd, she apparently decided to honour him in a very permanent way.

The Wrecking Ball singer posted photos on Instagram of herself and two friends sporting matching tattoos of a crudely drawn portrait of Floyd along with the words "with a little help from my fwends" on their torsos.

The tattoos appear to be real, unfortunately, and it looks like they were applied during a house party. She was even good enough to include a shot of her getting inked. And, as is her wont, she made sure to stick her tongue out in each of the nearly topless photos.

Miley Cyrus

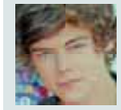
Zac's new relationship is fast and furious

It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with … Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

Twitter



@Harry_Styles
Sooooo... The weather?

@samantharonson
At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.

@katyperry
Social media: a great place to start your psycho-analysis on someone!

LIFE 3

One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

The vacation fairy is calling

Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes and ears send information to the amygdala, responsible for emotional processing, which then sends a distress signal to the hypothalamus, the command centre, which then communicates with the rest of the body via the nervous system. Blood is re-routed to organs, and away from the brain. "If you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to access full mental capacity," says stress coach Dr. Cynthia Ackrill.

You have dry, yellow-y skin

"The moment your body senses danger the narrowing of blood vessels occurs. Arteries and veins constrict to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher.

But you don't need nice skin to survive, right? Precisely why it's the last area that's going to get blood: "The skin is not just a cover, it's a living organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

You feel fat

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system will spiral: "Cortisol is a stress hormone. It has the power to make your system race or slow. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure goes up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol slows everything back down. Because if it doesn't, you won't cope."

You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co2). This build up of Co2 is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher.

The obvious solution? Exhale, says Ackrill.

"By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down."

Your digestive system is slow

"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says.

This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!

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Calling all lovers of strawberries

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

They're local, delicious — and in season right now. Find them at your local farmer's market or, better yet, visit a pick-your-own farm. As detailed in the latest issue of Best Health magazine, on newsstands now, here's why strawberries are so good.

They are full of fibre, and just one cup contains your entire day's worth of vitamin C, which helps strengthen the immune system and protects connective tissue. Berries may help keep blood sugar in check; they contain red-blue natural plant compounds called anthocyanins that may lower blood sugar.

Those amazing anthocyanins also help to protect your heart. Eating three or more servings of strawberries and blueberries a week could slash heart attack risk by as much as one third, according to a study of more than 93,000 women ages 25 to 42.

One cup of strawberries contains a day's worth of vitamin C. ISTOCK

The study, published in the American Heart Association's journal Circulation, suggested anthocyanins in both types of berries may help dilate arteries and reduce plaque buildup.

They're good for your brain, too. According to a study of older women published in the Annals of Neurology, eating berries such as strawberries at least twice a week delayed their cognitive and memory decline by up to two and a half years. And fisetin, a flavonol found in strawberries, appears to protect mice against memory loss caused by Alzheimer's disease, says a study published in April in the journal Aging Cell.

FOR STRAWBERRY RECIPES, AND MORE ARTICLES ON LIVING WELL, PICK UP THE LATEST COPY OF BEST HEALTH MAGAZINE. YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Sweet facts

- **Organic.** If possible, buy organic strawberries; they are second only to apples as the most pesticide-contaminated produce, according to the Dirty Dozen list from Environmental Working Group.
- **The scent.** The strawberry plant is a member of the rose family.
- **Before you eat.** Hull and wash strawberries before eating them. There have been cases of E. coli traced to strawberries.

Prevention

Stop grey at the root

It's very likely that at some point everyone develops canities — the technical term for grey hair.

The bad news is that there's no proven way to reverse the condition. The good news, as most of us probably know, is that it isn't life or even health-threatening — just a little demoralizing.

Technically, hair doesn't turn grey — it turns white — but as it does, it reflects nearby colouring and appears grey. "Each of the 100,000 to 150,000 hairs on our scalp are on independent growth cycles," says Dr. Robert Dorin, a family practice doctor and member of the International Society of Hair Restoration Surgery. "As our hair shafts elongate, special cells called melanocytes produce hair pigment and deposit it in the hair cells. As we age, the specialized cells that constantly re-supply new melanocytes, called melanocyte stem cells, begin to slow down."

So, with aging, or interruption in melanocyte production due to illness, the amount of pigment distributed through the hair becomes more sparse. The rate of natural hair colour change is mostly due to genetics, says Dorin, but maintaining good health plays a huge part, too.

Stop smoking and limit alcohol consumption
"These inhibit your body's ability to fight the processes of aging, and create free radicals that destroy cellular function."

Exercise
"Consistent exercise helps your body's innate defense system to maximize its ability to slow aging and to prevent loss of cellular function at the molecular level."

Eat a well-balanced diet
"Eat the 'rainbow' of fruits and vegetables to ensure you consume plant-derived antioxidants. Drink green tea." **LINDA CLARKE, METRO WORLD NEWS IN NYC**

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Fitnet (iPhone/ iPad); free

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Kris Abel
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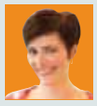
Health Solutions

There's more to potassium than bananas



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar. Plus, citrus can swing both ways from sweet to savoury.

It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt =362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Citrus is the new salsa kid on the savoury block — really

THERESA ALBERT
myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

This recipe serves two. COURTESY THERESA ALBERT

Ingredients

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

1. Toss together orange, lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to meld the flavours.

2. Pre-heat a pan over medium heat for 2 minutes. Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

3. Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip once. Serve with citrus salsa.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Smoked salmon adds sophistication

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 12 oz new potatoes, quartered
- 4 tbsp olive oil, divided
- Salt and ground black pepper
- 1 large or 2 medium bulbs fennel, trimmed
- 1/2 small red onion
- 2 tbsp rice vinegar
- 2 tbsp whole-grain mustard
- 1/2 tsp sugar
- 8 oz cold-smoked salmon
- 1 tbsp lemon juice
- Chopped fresh dill

1. Heat the oven to 425 F.

2. In a medium bowl, toss the potatoes with 1 tablespoon of the olive oil. Season lightly with salt and pepper. Transfer the potatoes to a baking sheet, then roast until tender and lightly browned, 15 to 20 minutes. Transfer the roasted potatoes to a plate and refrigerate just until no longer hot, about 10 minutes.

3. While the potatoes cook and cool, use a mandoline or food processor to shave the fennel as thinly as possible. Do the same with the onion. Set aside.

4. In a large bowl, whisk together the vinegar, 2 tablespoons of the remaining olive oil, the mustard, sugar and a hefty pinch each of salt and pepper. Add the shaved fennel and onion, then toss until well coated. Divide the mixture between 4 serving plates. Top with the cooled potatoes.

5. Divide the salmon into thin slices. In a medium bowl, drizzle the salmon with the remaining 1 tablespoon of olive and the lemon juice. Gently toss to coat, then season with pepper. Mound a quarter of the salmon over each salad, then sprinkle with fresh dill.

THE ASSOCIATED PRESS

Tennis

Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high as she moved up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a big jump, surging from No. 94 to No. 33 in the men's doubles rankings.

Bouchard, from Westmount, Que., made the jump after advancing to Saturday's Wimbledon women's final, where she fell 6-3, 6-0 to Petra Kvitova. Bouchard is the first Canadian to reach a senior singles Grand Slam final.

On the men's side, Raonic, from Thornhill, Ont., jumped to No. 6 after reaching the first Grand Slam semifinal of his career, where he fell 6-4, 6-4, 6-4 to Roger Federer.

THE CANADIAN PRESS

MLB

Encarnacion starts DL stint

The Toronto Blue Jays placed slugger Edwin Encarnacion on the 15-day disabled list with a right quadriceps strain and activated outfielder Nolan Reimold before Monday night's road game against the Los Angeles Angels.

Encarnacion, who has a .277 average with 26 home runs and 70 RBIs, suffered the injury while legging out a grounder on Saturday in Oakland. He's expected to miss at least two weeks and won't be able to play in the upcoming all-star game.

THE CANADIAN PRESS

Murder charge

Judge allows Hernandez to transfer jails

Former New England Patriots player Aaron Hernandez can transfer to a jail closer to Boston for easier access to his lawyers while he awaits trial on a murder charge, a judge ruled Monday.

Hernandez is accused of killing Odin Lloyd in June 2013. He is also charged in Boston in the 2012 killings of two men. He has pleaded not guilty in both cases.

THE ASSOCIATED PRESS

Kittel makes it 2 out of 3 in English leg of Tour de France

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for additional photos from Stage 3 of the Tour de France.

DOUG PENSINGER/GETTY IMAGES

Cleveland awaiting LeBron's decision

He's taking his talents to... Mended relationship between Cavaliers owner and James could clear way for reunion

In this Aug. 10, 2013 file photo, LeBron James greets fans while on the way to an interview at his foundation's "I Promise Family Reunion" in Akron, Ohio. PHIL MASTURZO/AKRON BEACON JOURNAL/THE ASSOCIATED PRESS

There was no eye contact, nothing to indicate any reconciliation. The breakup of LeBron James and Cavaliers owner Dan Gilbert was beyond bitter.

But now, as James considers a return to the team he abandoned four years ago with an entire region breathlessly awaiting a homecoming it couldn't imagine in its wildest dreams, it appears there has been some healing between the NBA superstar and his former boss.

Once aligned as basketball partners, James and Gilbert could barely stand the sight of each other during Miami's games in Cleveland in the past four years. It was an intense standoff, awkward and seemingly irreparable.

Time may have fixed their fractured relationship.

Most of the rest of the city has already forgiven James.

Cleveland, without a major sports championship to celebrate in almost 50 years, is praying for a reunion. On Sunday, Cavs fans flocked to social media to feverishly track one of Gilbert's private jets as it flew to Fort Lauderdale, Fla., where the plane's occupants dodged reporters and TV cameras with some deception.

It's not known if Gilbert was on the jet — or if the trip was even NBA-related — but that didn't douse the free-agency firestorm. As James' decision nears, there's a renewed hope the prodigal son will come home.

But in the backdrop looms the James-Gilbert relationship.

James is giving serious thought to returning to Cleveland, to going home and making amends with the city for the one misstep in an otherwise impeccable NBA career. Tuesday is the four-year anniversary of announcing he was "taking my talents to South Beach" and the city is once again on hold. James is set to meet with Heat president Pat Riley, who was able to lure the four-time league MVP to Miami in 2010 but could be running out of time to convince him to stay.

Two people familiar with the situation said James will meet with Riley "in the next two or three days." The people spoke to The Associated Press on condition of anonymity because neither the team nor James announced their plans publicly.

James holds all the cards. It's his choice.

It was the same four years ago, when James ended his seven-year run in Cleveland by linking with all-stars Dwyane Wade and Chris Bosh. The "Big 3" went on to win two titles and went to four straight NBA Finals, getting crushed by San Antonio this year.

The trio could be splitting up. Wade and Bosh have been waiting to see what James will do, and it's possible he's going to go it alone.

THE ASSOCIATED PRESS

Heat adding new faces

The Heat announced Monday that they intend to sign forwards Danny Granger and Josh McRoberts when the NBA's moratorium on deals being formally struck ends later this week.

- Granger has agreed to sign a two-year deal, with an option for the second of those seasons. McRoberts agreed to a four-year contract, the last year also being an option.

4 SPORTS

Brazil needs new hero with Neymar on shelf

Brazil head coach Luiz Felipe Scolari gestures during a practice at the squad's training complex on Monday in Teresopolis, Brazil. BUDA MENDES/GETTY IMAGES

Germany head coach Joachim Loew looks on during a practice at Estadio Mineirao on Monday in Belo Horizonte, Brazil. MARTIN ROSE/GETTY IMAGES

World Cup semifinals. Home team will have to attack from the back versus Germany without striking power

With Neymar out and Brazil's forwards ineffective throughout the World Cup, it will be up to the team's defenders and midfielders to keep Brazil in contention at the World Cup.

Brazil is having to turn the focus away from its once-mighty attack ahead of the semifinal against Germany on Tuesday, hoping the rest of the team will be able to come through and carry the hosts into the final.

Brazil scored 10 goals in its first five matches, with half of them coming from defenders and midfielders. Neymar scored four, with centre forward Fred finding the net only once. Defenders scored the team's other three goals.

Without any reliable options for the attack, coach Luiz Felipe Scolari is almost certain to replace striker Neymar with a midfielder.

Scolari recently even considered removing Fred from the lineup and adding a third central defender, going back to the 3-5-2 formation that he used when he led Brazil to its fifth world title in 2002.

"We are a team, and a team is not made up only of strikers," Scolari said. "We have a group. When this group wins, everybody wins, regardless of who scores the goals."

Chelsea midfielder Willian is the most likely replacement for Neymar, but in the team's final practice on Monday, Scolari hinted that he may even use three defensive midfielders, with Luiz Gustavo returning to the team after a yellow card suspension.

"We have good players for the sector where Neymar played," Scolari said. "We have options. I'm confident, I'm not worried."

In addition to the Barcelona star, the coach picked four other strikers for the World Cup: Fred, Bernard, Jo and Hulk.

Fred was supposed to supply the goals, but the Fluminense player struggled from the beginning and has been loudly criticized by fans and local media. His lone goal came in the 4-1 win over Cameroon in the team's final group-stage match. THE ASSOCIATED PRESS

Shorthanded

Brazil hasn't had a star striker since Ronaldo stopped playing after the 2006 World Cup. Luis Fabiano was the team's starter in the 2010 tournament in South Africa.

- In addition to missing Neymar, Scolari also won't be able to count on captain and central defender Thiago Silva because of a yellow-card suspension. Dante, who plays in Germany for Bayern Munich, is almost certain to replace him.
- Silva scored one of Brazil's goals in the 2-1 win over Colombia in the quarterfinals on Friday.

Argentina vs. Netherlands

Messi, Robben to face off in showcase of footy footwork

The World Cup's best dribblers — Lionel Messi and Arjen Robben — face off when Argentina and Netherlands meet in the semifinals.

In Brazil, Robben has been quick, Messi has been quicksilver.

On Wednesday in Sao Paulo, either one could turn the semifinal with a dazzling turn of pace or a weaving run to propel his team to the final.

"We have to cut the supply line to Messi," Dutch defender Bruno Martins Indi told Dutch website Nu.nl.

The Barcelona star led Argentina through the group stage with four goals. He has also made 180 passes in his five matches so far.

The Dutch have shared the goal-scoring duties more evenly — Robben and Robin van Persie each have three, Memphis Depay has two of the team's total of 12 — but the Bayern Munich winger's scintillating sprints with the ball have often been the highlights of Oranje matches.

"We know that we will play against one of the best teams when it comes to counterattacks because of the speed of their men up front," Argentina midfielder Javier Mascherano said. "So we have to take precautions to not give them the possibility to counterattack, to always be well positioned, to not lose balls unnecessarily in areas where there's a lot of risk."

More than Messi

"He's a good player, but we look at the whole team, not one player."

Netherlands goalkeeper Jasper Cillessen

After scoring 10 times in group play, the Netherlands has managed only two goals in its two knock-out matches and the Dutch will be hoping captain Van Persie regains his touch in front of goal. He looked off the pace and missed an easy chance near the end of regulation time in the quarter-final against Costa Rica.

The Netherlands will again be without their powerful midfield controller Nigel de Jong, who has a torn groin muscle. A possible replacement, Leroy Fer, is recovering from a hamstring injury and it is not clear if he will be fit for Wednesday's semifinal at the Itaquerao Stadium. THE ASSOCIATED PRESS

Lionel Messi skips over a challenge. MARTIN MEISSNER/THE ASSOCIATED PRESS

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Neymar injury.

Colombia player who kneed Brazil star off the hook: FIFA

FIFA will not take action against the Colombia player who injured Neymar and ended the Brazil star's World Cup.

FIFA said its disciplinary panel "cannot consider this matter" under the rules because the match referee saw the challenge by Juan Camilo Zuniga and judged it at the time.

"In this specific case, no retrospective action can be taken," FIFA said in a statement on Monday, because the incident "did not escape the match officials' attention."

Neymar will be sidelined for about 45 days after sustaining a fractured third vertebra.

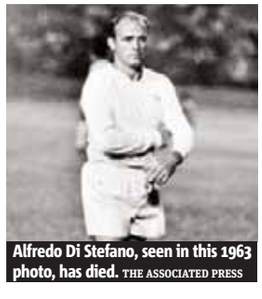
The panel studied video of Zuniga's 86th-minute challenge, where he kneed Neymar in the back when jumping into him at speed. Zuniga apologized on Saturday. THE ASSOCIATED PRESS

Alfredo Di Stefano, 88.

Soccer elite mourn death of Real Madrid legend

Alfredo Di Stefano, the player Real Madrid has hailed as the most important component in its mid-20th century ascent to becoming a global football powerhouse, has died. He was 88.

Real Madrid said in a statement that Di Stefano, its honorary president, died on Monday afternoon at Gregorio Maranon hospital, two days after a heart attack. THE ASSOCIATED PRESS



Alfredo Di Stefano, seen in this 1963 photo, has died. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 14 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

♉ Taurus
April 21 - May 21
The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

♊ Gemini
May 22 - June 21
It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

♋ Cancer
June 22 - July 23
It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

♌ Leo
July 24 - Aug. 23
The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK – you don't have to.

♍ Virgo
Aug. 24 - Sept. 23
You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

♎ Libra
Sept. 24 - Oct. 23
You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

♏ Scorpio
Oct. 24 - Nov. 22
Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

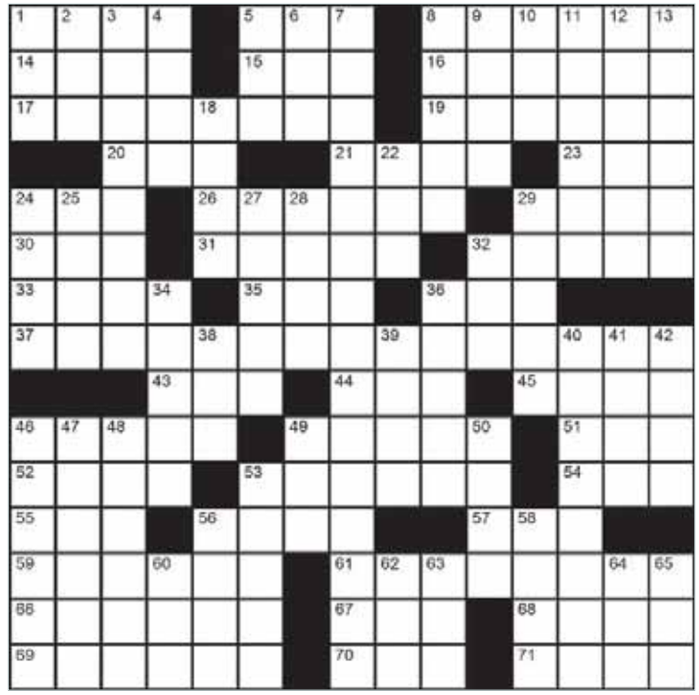
♐ Sagittarius
Nov. 23 - Dec. 21
Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

♑ Capricorn
Dec. 22 - Jan. 20
You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

♒ Aquarius
Jan. 21 - Feb. 19
Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

♓ Pisces
Feb. 20 - March 20
You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

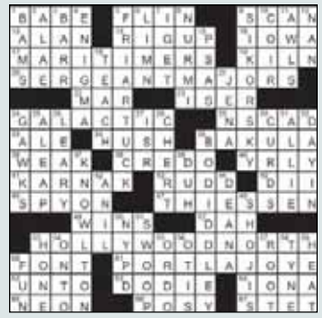
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. 1995 Shania Twain album: 'The Woman __ __'
5. Juice: French
8. Royal __ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin __ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout enders, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "__ _ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of __ (War of 1812 finisher)
51. Disney deer
52. Grimace
53. Silk-spinner
54. '_' __ in Xylophone
55. "__ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = __ Black Dress
61. Banff National Park: Valley of the __ __
66. Tchaikovsky's Symphony No. 5 key, _ __
67. Virgo's predecessor
68. Fox musical dramedy
69. Submitted by post: 2 wds.
70. Ums...
71. Hip poetry event

Down
1. "Eeew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio
6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. __. __. (Provincial representative)
9. Greek Myth: God of love
10. Butter portion
11. For some time
12. Shelly __ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange __ (Tea)
36. Good luck! = __ chance!
38. Napoleonic Wars marshal
39. Linked
40. __ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5					9	
7	3						5	6
		2	8			7	3	
6				8	3		2	
				1				
	8		9	4				5
	9	4			1	3		
3	2						8	9
	7					1		

Yesterday's Sudoku

2	6	9	7	3	1	5	4	8
1	5	4	6	9	8	7	2	3
8	3	7	5	4	2	6	9	1
4	2	3	1	5	7	8	6	9
7	8	1	4	6	9	2	3	5
6	9	5	8	2	3	4	1	7
5	1	2	9	7	4	3	8	6
9	4	6	3	8	5	1	7	2
3	7	8	2	1	6	9	5	4

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